

Recognition of Valor

Beefing Up Language Skills

Armor History

Official U.S. Army Magazine

April 2007
www.army.mil

Soldiers



The Iraqi Army — Moving Forward

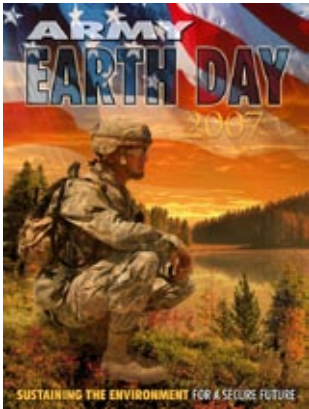


Cover Story — Page 8
Iraqi soldiers prepare to enter a
building during military-operations-in-urban-terrain training.
—Photo by SPC James Hunter

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THE ARMY's official homepage, www.Army.Mil, connects the Army with Soldiers, the American public and international audiences through cutting edge Web operations and technology. It promotes understanding of the Army's role in the Department of Defense, and provides timely and accurate information about Soldiers, their families, policies, organizations, functions, and operations. Content is rich and comprehensive, and includes the latest news and best images and videos from current operations, as well as Podcasts and RSS feeds. It also provides historical microsites, detailed equipment information, professional readings, information from or about key leaders, and hundreds of other resources.

A major feature running on **Army.Mil** at press time was the

microsite featuring recent Medal of Honor recipient and Pentagon Hall of Heroes inductee LTC Bruce P. Crandall (Ret.). Visit the site at www.army.mil/medalofhonor/crandall to learn more about the November 1965 battle of Ia Drang Valley in



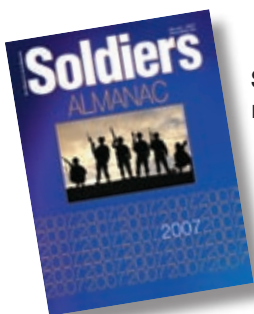
Vietnam, and the lasting friendship of two heroes of that battle — Crandall and fellow aviator and Medal of Honor recipient Ed Freeman.

We also cover the Crandall story in this issue, beginning on page 14. We hope you enjoy it.

Gil High
Gil High
Editor in Chief

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Soldiers

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Beth Ann Reece

Wounded Warriors

WITH all the bad press the Defense Department has been getting lately regarding poor treatment of wounded service members, it was nice to see a positive report in your February issue.

I found the article "Aiding Wounded Warriors" to be informative, interesting and a great introduction to the Army Wounded Warrior Program. It's important for Soldiers to know that the Army will never leave a fallen comrade behind, whether on the battlefield or during the long, tough days of recovery from combat wounds.

Well done, and please keep up the good work.

James Alan Kent
via e-mail

YOUR February article "Aiding Wounded Warriors" was an honest look at what the Army does, and tries to do, for wounded and injured Soldiers.

While the recent stories about problems at Walter Reed Army Medical Center have pointed out the challenges some commands face trying to provide the high level of extended care our wounded Soldiers deserve, your article makes it clear that the Army as a whole is dedicated to ensuring that the Soldiers and their families get both immediate care and ongoing support.

Bill Soutter
via e-mail

Web OPSEC

WHILE I understand the need for operational security in wartime, reading about the work of the Virginia Data Processing Unit in your February issue made me a little uneasy.

The idea that unofficial sites produced by military members are monitored sounds a little like a 21st-century version of George Orwell's "1984." What's to keep the watchers from shutting down sites simply because information on the site doesn't fully support U.S. policy in the Middle East, for example?

Name withheld by request
via e-mail

As the article's author, MAJ Pam Newbern, explained, the monitoring undertaken by the VDPU is intended simply to ensure that Soldiers adhere to established law and Army regulations regarding operational security and the public release of classified or "for official use only" information. There is no intent or attempt to dampen legitimate freedom of speech.

Supporting Marriage

WE here in the Chaplain's Office of the 70th RRC in Seattle read with interest your February article entitled "Marriage in the Military."

Is it possible to get reprints of the article for use here in promoting the Building Strong Bonds program we are currently presenting?

We appreciate any assistance you can give us and thanks for the nice words about this valuable program. We are also getting positive responses!

Jacquie Jenerette
via e-mail

Korea Questions

I WAS looking through the Feb. 2007 issue when I read the outline on page 18. It reads: "A Korean woman and her American friend model traditional Korean kimonos." I am quite sure that "hanbok" is the correct word for the Korean traditional garment. A kimono is fastened at the waist and is a Japanese dress.

On the next page, a sidebar about the KATUSA Program incorrectly spells out the acronym KATUSA. Korean Augmentation to the United States Army is correct, as opposed to Korean Augmentees to the U.S. Army.

Aside from these minor errors, the series of stories is well written and informative. The piece about SOCKOR informs readers about a part of USA-SOC that many do not know about.

SSG Andrew Kosterman
via e-mail

Almanac Adjustments

JUST a quick note to something you have probably already been made

aware of — the insignia used to illustrate the Chief Master Sergeant of the Air Force on page 23 of the Soldiers Almanac is incorrect. The insignia was changed Nov. 1 2004.

David Crozier
via e-mail

WHILE reviewing the 2007 Soldier's Almanac I noticed a glaring omission concerning the "Where We Are" global locations of Army units and personnel. Where is Slovenia? There are Soldiers assigned to the Office of Defense Cooperation in Ljubljana.

I admit that it's an understandable omission. Slovenia is a small country only the size of New Jersey, with a population of just 2 million. How then did I notice the omission? Because I am of 100 percent Slovenian heritage, and it is the first country I look for on maps, just to see if it's listed.

Overall, Soldiers is a great magazine. I find it informative, plus the photos are always perfect.

Louis Gorenc
via e-mail

Calendar Comments

I JUST saw your 2007 calendar. Wow! One thing I did notice you might want to change next year is that St. Patrick's Day is shown as Feb. 17 when it is actually March 17.

Just wanted to say great job and the pictures touched my heart.

Cathy White
via e-mail

Soldiers values your opinion

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◀ Alaska

Stryker wheeled fighting vehicles make their way down the USNS *Shughart*'s gangplank after their return from Iraq. The vehicles were prepped, loaded onto rail cars and returned to Fort Wainwright for overhaul as part of the reset process for the 25th Infantry Division's 1st Stryker Brigade Combat Team.

— Photo by John Pennell

► Djibouti

SFC Charles F. Parnell, from Combined Joint Task Force-Horn of Africa, administers medicine and vitamins to villagers in Sagallou. — Photo by Tech. Sgt. Lee Harshman, USAF



▲ California

Medics from the 3rd Infantry Division's 2nd Battalion, 69th Armor Regiment, pull a "wounded" comrade to a Humvee after a simulated improvised-explosive-device attack at the National Training Center at Fort Irwin, Calif.

— Photo by Donna Miles



▲ Afghanistan

At Bagram Air Base, SGT Dennis Jensen of Company A, 7th Battalion, 158th Aviation Regiment, prepares for a mission in his CH-47 Chinook helicopter.

— Photo by SSG Marcus J. Quarterman

◀ Iraq

Paratroopers from Scout Platoon, 1st Bn., 501st Infantry Regt., 4th Brigade Combat Team, 25th Infantry Division, head out on a training mission on the Euphrates River.

— Photo by SGT Marcus Butler



▲ Iraq

PFC Nichell Sauls, an intelligence analyst from the 1st Air Cavalry Brigade, monitors a computer in the brigade security section. Sauls is among a group of Soldiers and Airmen who provide security and weather information to pilots from Multi-National Division-Baghdad.

— Photo by SFC Rick Emert

The Iraqi Army — Moving



▲ Soldiers of the 6th Iraqi Army Division's 3rd Battalion, 5th Brigade, are beefing up security in Iraq by protecting checkpoints leading in and out of Baghdad's International Zone, and by patrolling volatile areas of the city of Karkh.

ing Forward

Story by MSG Rick Brown



SFC James P. Hunter



▲ Iraqi soldiers practice pulling security during foot-patrol training.

SOLDIERS from the 3rd Battalion, 5th Brigade, 6th Iraqi Army Division, are stepping up pressure on insurgent leaders in the Karkh section of Baghdad, along the western bank of the Tigris River.

Besides protecting the checkpoints leading into and out of Baghdad's International Zone, the battalion is also responsible for about a four square-kilometer area of Karkh, an area made up of several volatile neighborhoods.

Driving down one of the major arteries of the area, about a block off Haifa Street and paralleling the river, the neighborhood known as Sheik Marouf is literally split down the middle, with Shias living on one side of the road and Sunnis on the other. Their

MSG Rick Brown is assigned to the MNSTC-I Public Affairs Office.



SPC James P. Hunter

apartment houses and store fronts all face one another.

The 3rd Bn. soldiers, while facing a shortage of noncommissioned officers, take very seriously the responsibility for protecting the area's defenseless citizens. Through intelligence gained via their relationships with those citizens, battalion leaders have developed a top-three list of insurgents who operate in the area and whom

◀ Command Sgt. Maj. Mohammed Jasim Hussen (*far left*) and platoon sergeant Basheer Abdula coach their soldiers on close-quarters battle drills.

▼ Iraqi soldiers prepare to enter a building during MOUT training.

SPC James P. Hunter



► An Iraqi patrol drives through an area near Baghdad where IEDs have caused several casualties.

they intend to capture.

At the head of that list is Adil Tamra, a man with no clear affiliation to either the Sunnis or the Shias, but who is described as someone who kills for the sport of it. Stories abound about Tamra and rival leaders talking to one another on cell phones in a game of “one-upsmanship,” each call between them a taunt spurring the other to kill more men today than his rival did yesterday.

An Iraqi intelligence officer with the battalion said, “He’s just like Saddam Hussein. He sits there and shoots people in the head, because they don’t share the same beliefs as him.”

But even with solid intelligence streaming into the hands of the battalion’s leaders, Tamra has stayed just one step ahead of the Iraqi army.

“We raided Adil Tamra’s house yesterday,” said Iraqi army Maj. Ahmed, the team leader during a combat patrol through the area. “We

found his explosive vest, some mortars and an RPG. The information we got was that he was in the house minutes before we arrived.”

Some within the 3rd Bn. have received death threats against them and their families from Tamra and the others on the list.

“They know we’re getting very close to them,” said one Iraqi officer,

who asked not be identified for security reasons. “They are worried. We are becoming very effective against them.”

On the recent combat patrol through the area, the primary mission for Ahmed and his soldiers was to destroy a series of fighting positions insurgents had built up around the neighborhoods — sandbag barriers blocking off the narrow alleyways, allowing insurgent fighters to escape Iraqi army and coalition capture.

While capable of conducting missions on their own, the 3-5-6 was joined on this one by a military transition team from the 2nd Brigade, 1st Cavalry Division. The addition of two U.S. Bradley fighting vehicles to the patrol provided additional firepower and confidence to the Iraqi troops.

Iraqis peered from balconies and alleyways as the Bradleys navigated the narrow neighborhood streets, a sight not seen in this area in more than



MC1 Jeremy L. Wood, USN

◀ An Iraqi soldier kicks in the door of a “shoot-house” during MOUT training.



16 months, according to U.S. MiTT leader MAJ Chris Norrie.

Before rolling out on the mission, Norrie said that contact with the enemy “is expected,” although he hoped out loud that, “maybe because they haven’t seen Bradleys here in so long, they’ll just lay low and it’ll be a quiet day out there.” But experience also told him that contact was more likely to be the case.

With Ahmed leading the combat patrol, the large convoy headed through an intersection known as Talil Square, an area where Iraqi and coalition troops are engaged regularly by enemy snipers. Shell casings litter the intersection as a normal part of the landscape, indicating defensive fire from previous encounters with enemy snipers.

Just off Talil Square, Ahmed stopped the patrol and signaled for his troops to begin cutting open the sandbags that blocked the alleys. He then requested assistance from one of the coalition fighting vehicles to help out

◀ An Iraqi soldier enters a building during MOUT training at an Iraqi base near forward operating base Charlie.



► Coalition officials say Iraqi soldiers have made huge strides as a result of tough, realistic training.

with a larger, more complex position.

"You could see, as we tore down the sandbags, there were hundreds of empty shell casings from AK-47s," Ahmed said through an interpreter. "The insurgents use the sandbags as cover when they stand up and shoot at the Iraqi and coalition soldiers, then they duck down and hide so we can't shoot them."

The narrow alleyways and close proximity of the buildings in these neighborhoods make it difficult to use heavy firepower, according to MiTT members. They say they just can't risk the possibility of hurting or killing innocent civilians who live in the congested area.

While Iraqi soldiers were tearing down one of the fighting positions, an explosion occurred about 20 meters from where they were working. It was a small explosive device and only one coalition member sustained a minor injury. The soldier was treated and released immediately following the mission.

In all, three insurgent fighting



positions were destroyed on this mission. But Ahmed said something more important happened during the patrol: Local citizens began appearing on the streets, some of them making it a point to stop the patrol and talk to Ahmed.

"These people from the Sheik Marouf area, they glorified the Iraqi army today," Ahmed said, "and they were grateful for what we do in setting traffic-control points and for patrolling the area. They told me they pray to God to bless us and they asked the Iraqi army to protect them from Adil Tamra and the other terrorists."

Ahmed said one of the local citizens told him that while he and his men were tearing down the sand bags, insurgents a few blocks away were trying to kidnap a group of civilians, but as they caught wind of the combat patrol moving through the area, they released the victims and ran for cover.

"Today's mission was very successful and the evidence I can give you is that the people were very grateful for us being there," Ahmed said.

He also understands that he and his troops face an enemy that, for the moment,

is better armed than his fledgling team.

"We've had a lot of progress in the past year," Ahmed said. "A year ago, the Iraqi army didn't have Humvees, we didn't have a lot of equipment. Today, we are still short on weapons. The enemy has RPGs, mortars and grenades, so we still need weapons that are at least equivalent to our enemy's."

The Iraqi battalion's noncommissioned officer in-charge, Sgt. Maj. Sarmed, said he also recognizes the strides his team has made, but agreed there's a long way to go.

"With the 6th Div., we never took the lead until recently. Now we're doing missions on our own. It's a lot better now, but we would love to have the coalition come out with us more. It's not because we're weak — everybody knows about the fights we get into every day. To be very honest, I still want the coalition here so we can keep going forward and not slip backward."

Ahmed said his team will continue to put pressure on Tamra and the other insurgents who have taken up residence in this area of Baghdad.

"What we seek is to help the Iraqi people who are under the threat of insurgents," he said. "If we don't protect the Iraqi citizens, who will?"

► Iraqi troops seek out and dismantle sandbag-reinforced insurgent fighting positions, such as this one blocking a narrow Baghdad alleyway.



Recognition Of Valor

Story by Heike Hasenauer



PRESIDENT George W. Bush has awarded the Medal of Honor, the nation's highest honor for military service, to LTC Bruce Crandall (Ret.) for his actions in Vietnam's Ia Drang Valley in 1965.

The date was Nov. 14, and then-LTC Harold G. Moore — commander of the 1st Cavalry Division's 1st Battalion, 7th Cav. Regiment — depended on then-MAJ Crandall's helicopters to insert the 1st Bn. into what would

become the most vicious fight of the Vietnam War to that date.

The battle took place in the Central Highlands of the Ia Drang Valley, at a place called Landing Zone X-Ray.

Crandall commanded 16 helicopter crews of the 1st Cav. Div.'s Company A, 229th Assault Helicopter Bn., that lifted troops on a search-and-destroy mission from Plei Me to LZ X-Ray.

On the fifth and final troop lift, which involved eight helicopters, the LZ was under horrific enemy fire by

small arms, automatic weapons, mortars and rockets.

As Crandall's helicopter landed and Soldiers exited, three Soldiers were wounded and three were killed. Remaining helicopters waiting to land were ordered to abort and return to base.

When Crandall returned to base, he learned that all medevac assistance had been cut off to the men of the 1st Bn., 7th Cav.

"The medevac pilots were all



On leave, 1955



Tripoli, Libya, 1957



Vietnam, 1965



great pilots,” Crandall said, “but they weren’t allowed to land on a landing zone until it was ‘green’ for a period of five minutes,” meaning it wasn’t being relentlessly attacked.

Crandall made the decision

— without anyone requesting that he do so — to fly the medevac missions. When he asked for volunteers MAJ Ed Freeman (Ret.), who had been his friend for 10 years before they deployed together to Vietnam, immediately stepped forward.

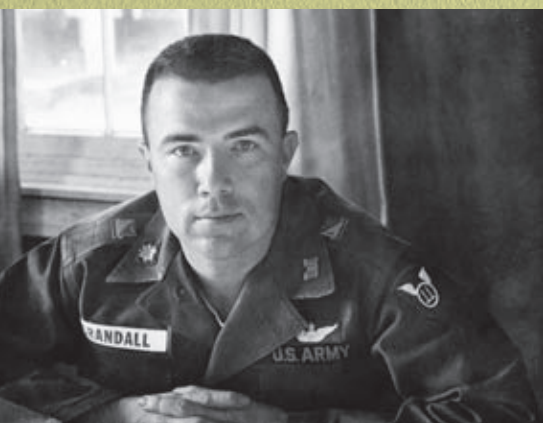
Crandall’s helicopter led the two, and he supervised the loading of seriously wounded Soldiers over the course of 14 landings under intense enemy fire. He and Freeman saved the lives of some 70 wounded Soldiers.

“One of the principal reasons my

▲ Crandall’s UH-1 extracts wounded while under intense enemy fire at Ia Drang Valley. He flew 14 missions, delivering ammunition, water and medical supplies and taking out badly wounded Soldiers on the return leg.

company survived one of the largest and fiercest battles of the Vietnam War was the critical support provided by the aviators of Co. A, 229th Assault Helicopter Bn.,” said COL John D. Herren (Ret.), who commanded the 1st Bn.’s Co. B during the battle.

“Those helicopter crews were our lifeline, as they brought battalion units



Fort Leonard Wood, Mo., 1971

As Crandall’s helicopter landed and Soldiers exited, three of the men were killed and three were wounded.

“It demonstrated to me and other Soldiers that our casualties were going to be taken care of...”



◀ Crandall begins his preflight checks on an OH-23 Raven helicopter near Wheelus Air Force Base, Libya, while helping to map the country in 1958.

into the LZ,” he said. “They evacuated our wounded and brought in water and ammunition, despite intense enemy fire.

“I was an eyewitness to one of Crandall’s flights,” Herren added. “I was pinned down by intense enemy machine-gun and rifle fire that killed

my radio operator and severely wounded the Co. D. commander, CPT Ray Lefebvre.”

Crandall’s helicopter landed and evacuated Lefebvre and others. The act of bravery “was extraordinary and inspirational,” Herren said.

“It demonstrated to me and other

Soldiers that our casualties were going to be taken care of and that they would not have to wait for a break in the fighting to be evacuated,” he added. “The sheer volume of casualties was heavy. My own company suffered 46 casualties out of a company strength of 122 during the first two days of the fighting.”

Additionally, one of Herren’s platoons was cut off for 24 hours and suffered 20 casualties. Every one of the 12 who were wounded survived because Crandall and Freeman evacuated them.

“The first afternoon of the three-day battle was a running firefight, with helicopters coming in under fire trying to get the wounded out. There was a hell of a fight the next morning and night, and I realized we were in an historic battle,” Moore said.

He learned later that three battal-

A Special Man

“SOFTSPOKEN and funnier than hell,” is how LTG Harold Moore (Ret.) describes LTC Bruce Crandall (Ret.), the flight mission commander who flew Moore’s 1st Battalion, 7th Cavalry Regiment, troops into battle at Landing Zone X-Ray.

“You, my old friend, are the reason the 1/7 Cav. survived Nov. 14, 1965,” Moore wrote in a letter to Crandall in 1990. “You led your men into that valley of death.”

One has only to read the narrative that secured President George W. Bush’s ap-

proval of Crandall’s recent Medal of Honor award to understand Crandall’s nature of selfless service, courage, fortitude and honor.

“If you break down in combat, someone can die. I didn’t cry or get angry. I threw up, because I really can’t stand the sight or smell of blood,” Crandall said.

“When I was young I played sports and lettered in baseball, football and track in high school,” he said. “I had no fear of a fast ball coming at me.”





ions of fresh North Vietnamese Army troops had come down the Ho Chi Minh Trail and were waiting.

“When the fight began, it was furious. The NVA troops came out intent on killing us all,” Moore said. About 50 percent of his men were killed or seriously wounded.

Maj. Gen. Hoang Phuong, the current director of military history for the People’s Army of Vietnam, was a lieutenant colonel historian during the battle.

“You were like frogs with your helicopters. We thought you had intelligence from our men because you landed right on top of them,” Phuong told Moore and Joe Galloway, a United Press International war cor-

▲ Crandall (center), inside a UH-1 Huey, discusses a planned combat mission at a base in Vietnam, 1966.

▶ Crandall poses next to a captured Chinese-made anti-aircraft weapon in 1966.

respondent and co-author with Moore of the book “We Were Soldiers Once and Young.” The book became the basis for the film “We Were Soldiers,” starring Mel Gibson as Moore and Greg Kinnear as Crandall.

The men were some 20 miles into enemy territory, surrounded by a force seven times larger than their own.

The three-day battle, Nov. 14 to 16, left 79 U.S. infantrymen and one Air Force pilot dead, and another 130



At the time he received his draft notice, Crandall “wanted to be drafted,” he said, “but by the Yankees or Orioles; I really wanted to be a baseball player.”

He was inducted into the Army on Jan. 3, 1953.

“I still think about Vietnam a lot,” said Crandall. I have wonderful memories of the people I served with and met. I don’t really have bad memories, only good ones.

“I had very experienced pilots,” he said. “Three of the four company commanders in the 229th Aviation Regiment in Vietnam were engineers. We were bush pilots, who had flown in areas of the world that hadn’t

yet been mapped.”

As in most aspects of life, Crandall sometimes wonders what he might have done differently.

“I often think about one of my helicopter crews that went missing about a month after the Ia Drang battle and has never been found,” he said. “I think if I hadn’t sent them on that mission, they might be here today.”

Crandall left Vietnam in August 1966, but in August 1967 was back again, in the same unit.

In January 1968 he “got knocked out of the sky” when a bomb dropped by an American aircraft landed near his low-flying

helicopter. Crandall’s back, sternum and collarbone were broken, and he had torn rotator cuffs in both arms.

The accident put Crandall in the hospital for five months, but his Army career didn’t end until 1977, three years after he suffered a stroke while wrapping up Spanish-language training at the Defense Language Institute in Monterey, Calif. He’d been learning Spanish for his then-upcoming assignment as engineer and aviation advisor to the Argentine army.

During his career Crandall and his wife, Arlene, to whom he’s been married 50 years,

(Continued on page 18.)



▲ Crandall leads the 5th Engineer Battalion on parade at Fort Leonard Wood, Mo., in 1971.

◀ Crandall joins actor Greg Kinnear on the set of "We Were Soldiers." Kinnear portrays the aviator in the popular film.

men wounded, Galloway said. The fight happened in a space no bigger than a football field. It was followed a day later, 14 miles away, by the battle at LZ Albany, during which 154 American troops were killed in an ambush.

The two battles were part of the 34-day Pleiku Campaign, which lasted from Oct. 23 to Nov. 26, 1965. Counting the skirmishes before and after the

(Continued from page 17.)

moved numerous times.

His first assignment after their marriage was to the then-Camp Rucker, Ala., for helicopter flight school, then to Libya, Panama, Costa Rica and Thailand.

Before he was married he served a tour in the Arctic, mapping the Arctic Slope.

"In 1954 and 1955 the Army's 30th Topographical Unit was the largest aviation outfit in the world," said Crandall, who mapped oil-reserve areas at the U.S. Naval Petroleum Reserve.

He performed the same type of missions in Libya in 1956 and 1957, then mapped the interior of Costa Rica, where the challenges included flying over three

active volcanoes.

An assignment of which he is most proud was that as battalion commander of an engineer battalion at Fort Leonard Wood, Mo., and deputy chief of staff of the post.

After leaving the military, Crandall worked for 13 years as public works manager for Mesa, Ariz., "the second largest growing city at the time," he said.

"I had 426 employees, and I sat in on the hiring of everyone," Crandall said. "I noticed whether a prospective employee was wearing a watch, an indicator that he had some sense of urgency, and if he smiled, because if you don't smile or have a sense of humor you're probably going to get in trouble at some point."

Today, Crandall and his wife live in their 53rd home. Their three sons have given them five grandchildren to help occupy their time. And for six months out of the year the couple and their two dogs take the family motor home on the road to see areas of the United States they've not yet seen.

"Right now I'm looking out on Seattle, Wash.," said Crandall, reached by phone at his home. "The water's right up against our bulkhead in Manchester, on the Puget Sound, and the sun's shining. It's a beautiful day here."

Upon further reflection, Crandall said: "It wasn't so bad that I got drafted by the wrong team. I have wonderful friends and wonderful memories." — Heike Hasenauer



▲ Crandall's UH-1 lifts off after dropping Soldiers of the 1st Bn., 7th Cav., onto a landing zone in the Ia Drang Valley in November 1965.

two major battles, 305 Americans died — more than in the entire first Gulf War, Galloway said.

During publicity for the film “We Were Soldiers,” Moore said: “I hope Soldiers who see the movie will get the lesson in their heads to never quit. Don’t even think about losing. If you do, you’ve already lost.”


That lesson is relevant today for Soldiers fighting in Iraq and Afghanistan, Army officials said. Crandall’s much-deserved recognition for his part at the Ia Drang battle is a powerful reminder of what strong will of character and perseverance can overcome.

According to the MOH citation: “Major Crandall’s bravery and daring courage to land under the most extreme hostile fire instilled ... in the ground forces, the realization that

friendly wounded would be promptly evacuated. This greatly enhanced morale and the will to fight at a critical time.”

The citation continues: “He completed fourteen landings on medical and re-supply missions under intense enemy fire and retired from the battlefield only after all possible service had been rendered to the infantry troops.”

In fact, out of 31 helicopter loads of ammunition and supplies brought into the LZ after it was closed, Crandall’s helicopter brought in 28

loads. And out of the approximately 78 wounded in action who were evacuated, Crandall’s flight took out 70. 

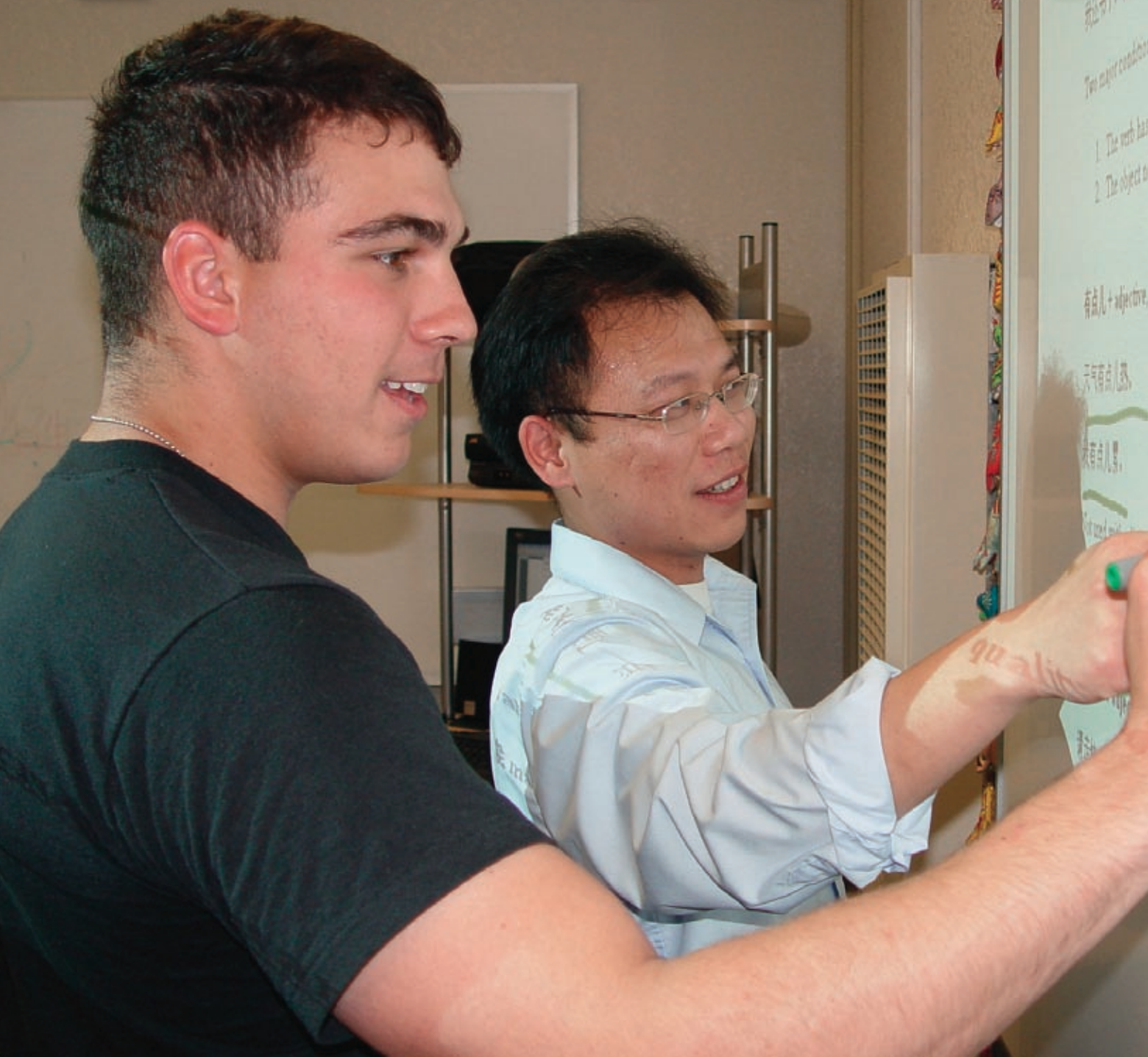
To view historical footage of the Battle of Ia Drang Valley, including “... By Orders of Their Own Heart,” comments about their actions by both Crandall and Freeman, visit www.army.mil/medalofhonor/crandall/.

► Medal of Honor recipient and veteran helicopter pilot Ed Freeman (left) joins Crandall at the latter’s residence near Manchester, Wash., on Feb. 5, 2007, during a video-taping session.



Beefing Up

LANGUAGE



ESKILLS

Story by Natela Cutter

IN the aftermath of the Sept. 11, 2001, terrorist attacks, the Department of Defense took a more serious look at the linguistic and cultural preparedness of America's military. More precisely, DOD looked closely at capabilities of the Defense Language Institute Foreign Language Center in Monterey, Calif., the government's premier provider of foreign-language training.

A landmark institution since 1941 — when Japanese-American Soldiers were first trained to become translators and interpreters in World War II — DLIFLC has transformed several times and today teaches 24 languages, with courses ranging from 27 to 64 weeks.

"Our military missions are so different today than they were during the Cold War, when Russian and other East European languages were our largest programs," said DLIFLC chief of staff LTC Deborah Hanagan.

Basic language programs at DLIFLC fluctuate with changing international situations and DOD's needs. In the post-9/11 era, the largest training program is no longer Russian, but Arabic. What has really changed at the DOD level, and thus at the in-

stitute itself, is the realization that the nation's armed forces need linguists capable in many less commonly taught languages, Hanagan said.

"If someone had told me six years ago that we would be teaching languages such as Urdu, Kurdish, Uzbek or Hindi, I would have told them they were crazy," said Hanagan. A list of most-needed linguists is issued each year by DOD.

Only months after the 9/11 tragedy, DLIFLC set up a task force to build courses and train linguists in the major languages of Afghanistan (Dari and Pashto), as well as in Kurdish, Uzbek and Georgian. The Global War on Terrorism Task Force has since transformed into the Emerging Languages Task Force, which teaches such strategically important languages

▲ An Air Force student learning Chinese works on a white board with his instructor.

Photo by Natela Cutter

Natela Cutter works in the Strategic Communications Office at DLIFLC.





as Hindi, Urdu, Kurdish and Indonesian, Hanagan said.

“We no longer wait for a region to fall into crisis,” said CPT Angi Carsten, ELTF’s associate dean. “We need to anticipate which languages will be needed in the future and start building course materials now. As soon as a language program matures

▲ Students in DLIFLC’s Arabic course practice their language skills during a training exercise.

◀ DLIFLC students spend many hours in class, as well as making use of computer labs, Internet links and other language-specific sources.

in our department, meaning that the course has been built, we move it out to one of the eight schools and focus on something new. Dari and Pashto are examples of maturing programs.”

At the DOD level, the need to increase military language training called for an infusion of money for new technologies, curriculum development and the hiring of new staff members, as well as for ramping up the production of language-survival and cultural-familiarization materials intended for deploying service members.

“We have basically doubled the size of our faculty, staff and student load, while our budget has tripled,” said Warren Hoy, chief of mission support for the Office of the Deputy Chief of Staff for Operations.

DLIFLC’s budget was \$77 million in 2001, while fiscal year 2006’s budget was \$197 million.

DLIFLC today has more than 1,500 professional language instructors and is expecting to hire another several hundred teachers in 2007. The student load has grown since 2001 and is now more than 3,500 at any given time. Linguists come from all four branches of the military, the U.S. Coast Guard and other DOD agencies, Hanagan said.

The institute graduates more than 2,000 students per year and has degree-granting authority, whereby qualified students can receive associate degrees in foreign language.

“Technology plays a big role in the classroom, because the younger generations are used to having access to information at their fingertips. We now have interactive white boards in every classroom, we issue students MP3 players or iPods, and are providing them with tablet PCs,” said MAJ John Hoffmenschen, associate dean of one of DLIFLC’s Middle East schools.

► The secret to language proficiency, DLIFLC officials say, is for students to immerse themselves in their language both in class and at home.

But DLIFLC's work does not stop with the basic courses. The Institute also teaches intermediate, advanced and refresher courses to returning students at the Directorate of Continuing Education. When units are not able to send linguists back to DLIFLC, teachers are sent to them, via mobile training teams. These teams are sent to outlying regions to teach courses for weeks at a time, Hanagan said.

Distance learning has also become a popular means of keeping linguists' language skills current. The institute provides video tele-training courses, whereby teachers in Monterey can converse with students located around the world. In addition, DLIFLC maintains 11 permanent Language Training Detachments located throughout the continental United States and Hawaii.

Aside from producing basic-language course materials, the institute's Curriculum Development Directorate has been turning out language-survival kits since the crises in Somalia and Haiti in the early 1990s. The LSKs are intended for non-linguists. In 2006 more than 200,000 LSKs were sent to deploying service members.

The LSKs are available in more than 50 languages, and consist of small pocket-size booklets and a CD. They cover emergency survival phrases, and most languages have ad-

ditional modules with topics that range from medical terminology to civil affairs. The delivery of these products is moving to a Web-based system, which is available (from .mil sites) at **fieldsupport.LingNet.org**.

"It is absolutely vital that every Soldier know a little bit about the Arabic culture, the dos and don'ts, and some words and phrases just to get by," said an instructor at one of the Middle East schools, who asked to remain anonymous.

Military language instructors are NCOs and petty officers who have undergone the basic course, speak the target language fluently, have served a tour using their language and have returned to teach at DLIFLC.

"I did a lot of translation for commanders, doctors and local people, and knowing the culture was very helpful, especially when there were misunderstandings," the instructor said about her tour in Iraq and experience in Afghanistan.

The newest product to hit the streets this spring will be the Iraqi Headstart program. Using computer animation and cutting-edge technol-

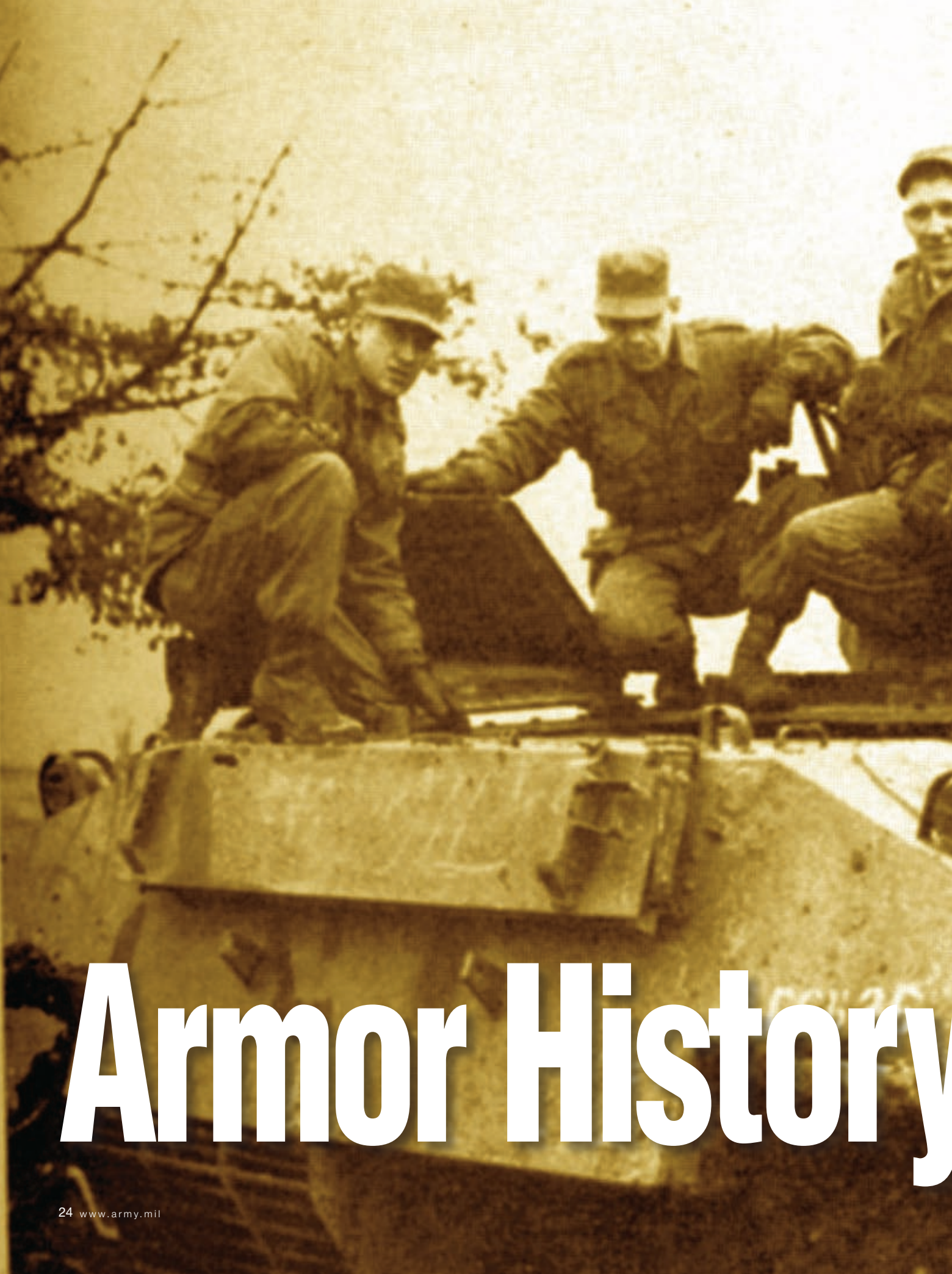
ogy, this product consists of a 10-day course that teaches survival phrases in the Iraqi dialect of Arabic. Additionally, other useful Web-based materials are available to linguists and the general public at **www.LingNet.org**.

Information on the site includes area studies called "Countries in Perspective," which provides information on the history, geography and socio-political settings of nations. There are on-line language courses and more than 100,000 reading and listening lessons in a dozen languages under the Global Language Online Support System.

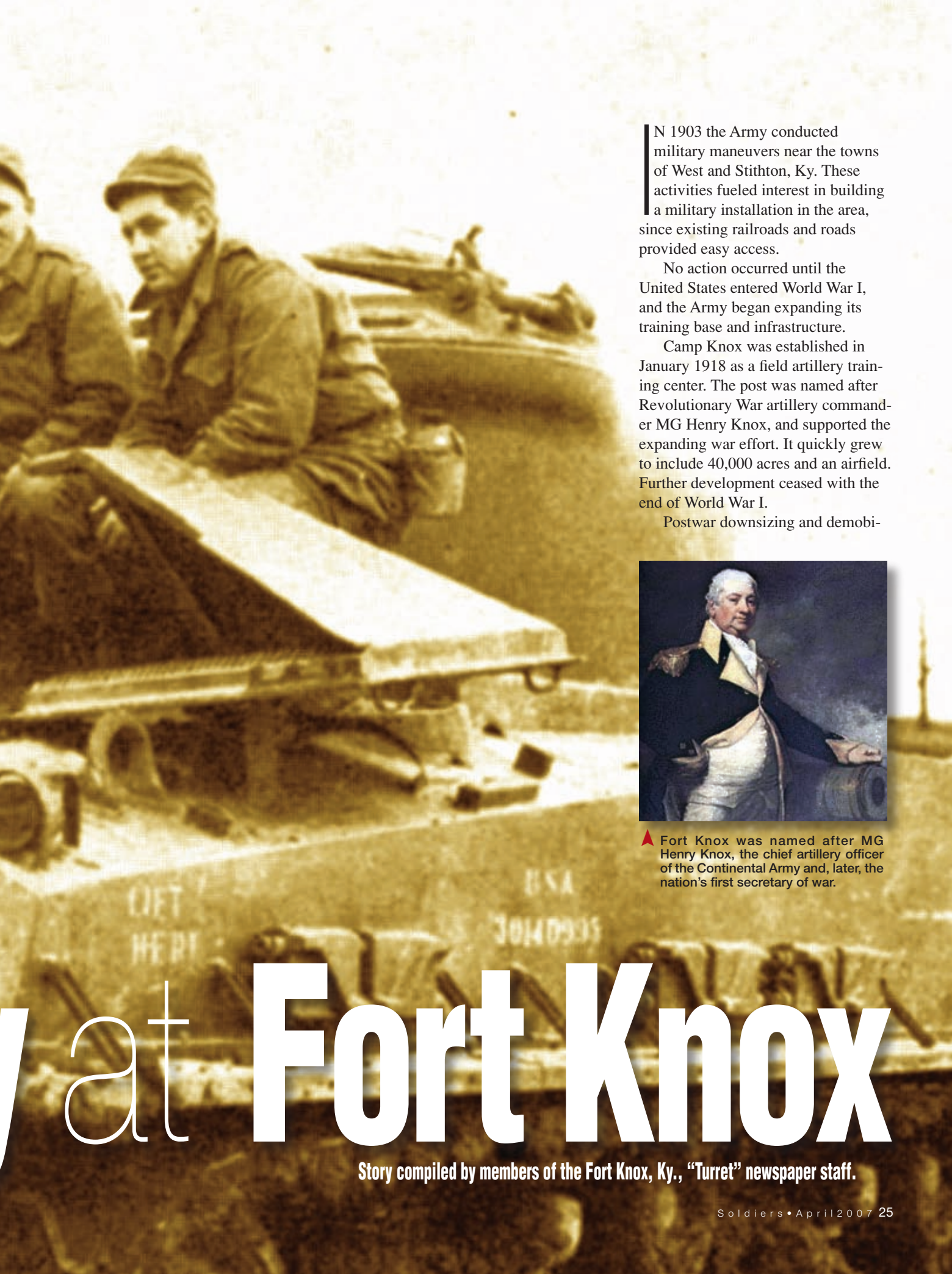
Why put so much emphasis on language learning and culture?

"It is all about winning the hearts and minds of the Iraqi and Afghan citizens, because we don't want them to harbor terrorists within their ranks. It is a whole new way of using our military force," said Hanagan. ■





Armor History



IN 1903 the Army conducted military maneuvers near the towns of West and Stithton, Ky. These activities fueled interest in building a military installation in the area, since existing railroads and roads provided easy access.

No action occurred until the United States entered World War I, and the Army began expanding its training base and infrastructure.

Camp Knox was established in January 1918 as a field artillery training center. The post was named after Revolutionary War artillery commander MG Henry Knox, and supported the expanding war effort. It quickly grew to include 40,000 acres and an airfield. Further development ceased with the end of World War I.

Postwar downsizing and demobi-



▲ Fort Knox was named after MG Henry Knox, the chief artillery officer of the Continental Army and, later, the nation's first secretary of war.

y at Fort Knox

Story compiled by members of the Fort Knox, Ky., "Turret" newspaper staff.

lization resulted in the installation's closing, though it remained a training center for National Guard and Reserve forces. In 1925 it was redesignated Camp Henry Knox National Forest, and reopened as an Army post in 1928 after the permanent assignment of two infantry companies.

In the late 1920s British mechanized development encouraged the Army to study the use of tanks in a variety of roles, and in 1931 Camp Knox began its association with armored warfare. At that time a new Army mechanization policy permitted the creation of the mechanized cavalry.

▼ As the Army's interest in armored warfare grew, so did Fort Knox. This pre-World War II map shows the layout of the Armor School.

Its initial purpose lay in determining the optimum organization, doctrine, tactics and materiel for a cavalry unit built around vehicles rather than horses.

The post's first commander, COL Daniel Van Voorhis, identified Camp Knox as well-suited for the training of a mechanized unit because of the available maneuver space, varied terrain and easy access. Congress designated Camp Knox as a permanent installation in January 1932, and its name changed to Fort Knox.

The following year the 1st Cavalry Regiment became the 1st Cav. Regt. (Mechanized), trading its horses for vehicles and relocating from Texas to Fort Knox. In 1936 the 13th Cav. Regt. followed suit. Those two regi-



▲ Though very basic by today's standards, early Army armored vehicles were state of the art for their time.

ments comprised the 7th Cav. Brigade (Mech.).

The 7th Cav. Bde. grew to include two cavalry regiments and attached artillery and engineers.

Through field maneuvers and analysis, the brigade leadership of the mechanized cavalry — which included Van Voorhis and later MG Adna Romanza Chaffee Jr. — pioneered an operational method characterized by





▲ World War II — and the Army's increasing need for qualified armor crewmen — ensured that Fort Knox's rail station was busy around the clock.

rapid action, organizational flexibility, innovative communications, tactical aggressiveness, and a revolutionary command-and-control style.

The mechanized cavalry's employment of multiple combined-arms combat teams — relying upon the radio and fragmentary orders for coordination — provided the Army with the basic tenets of mounted-maneuver warfare.

Mechanized cavalry development occurred against the backdrop of the Great Depression. Post personnel supported a host of Civilian Conservation Corps youth work groups, and in February 1937 the 7th Cav. Bde. helped victims of the great flood that devastated areas in and around Louisville, Ky. Soldiers patrolled the city and nearby communities, providing humanitarian relief and preventing looting.

That same year the U.S. Treas-

ury Department opened the Bullion Depository at Fort Knox. The mechanized cavalry became responsible for guarding gold shipments that arrived on post until the shipments were transferred into the depository.

During World War II the Bullion Depository received increasingly large shipments of the country's gold reserves and safeguarded the British Crown Jewels and the Magna Carta, together with the gold reserves of several other countries in German-occupied Europe.

In 1941 the depository became the temporary home for the U.S. Constitution, the Bill of Rights and the Declaration of Independence. Not until 1944 did these documents return to Washington, D.C., for public display.

The success of German armored divisions and corps at the start of World War II encouraged the Army to build similar formations. On July 10, 1940, the Army officially established an armored force. This organization bore responsibility for organizing and training armored divisions and corps,

and for developing the supporting doctrine and tactics.

Mechanized-cavalry concepts influenced the new organization and were embodied by Chaffee's appointment as the first chief of the armored force. The linkage was further symbolized by the location of the force headquarters at Fort Knox.

The Armored Force School and the Armored Force Replacement Center were established at Fort Knox on Oct. 1, 1940. The school trained armor Soldiers in military fundamentals and in specific areas such as tank gunnery, armor tactics, communications and maintenance. Realism increased when combat personnel were rotated from combat assignments to Fort Knox.

American armored forces grew to 16 armored divisions and more than 100 separate tank battalions and mechanized cavalry squadrons by war's end. Armored troops played a





key role in defeating the Axis powers.

American tanks supported the invasions of Sicily, Italy and France, spearheaded the breakout from the beachheads at Anzio and Normandy, and thwarted German counterattacks at Arracourt.

When the Germans launched their Ardennes counteroffensive, it was American armor that relieved the besieged defenders of Bastogne, Belgium. Armor also supported the seizure of the Ludendorff Bridge at Remagen, Germany, the first Rhine River bridge captured intact.

Following World War II, the training organization at Fort Knox received the designation "Armor Center."

In 1950 cavalry and armor merged to become the Armor Branch, headquartered at Fort Knox. The onset of

the Cold War and the threat posed by Soviet mechanized forces ensured that armor remained an important part of America's deterrence policy.

Despite the Army's general orientation upon defeating the Soviet threat in Europe, the Cold War years witnessed actual combat operations in Korea and Vietnam. The Korean War proved to be a different type of conflict than that waged against Germany in World War II.

The war focused upon restoring and sustaining South Korea's sovereignty and independence in the face of North Korean and Chinese aggression. Armor played a large supporting role to the more traditional infantry-artillery team.

In Vietnam, however, armor performed counterinsurgency operations and fought in conditions fundamentally different from those present in Europe or Korea. The role played by tank and cavalry organizations dem-

▲ Among the U.S. and Allied leaders who visited Fort Knox during World War II was President Franklin D. Roosevelt, seen here during a troop review.

onstrated the utility of aggressively led mounted maneuver forces, even against a guerrilla movement.

Following the Vietnam War, armor returned its focus to Central Europe. It also updated and improved its training programs. In the 1970s, realism, readiness, and definable measurements of effectiveness guided all armor training.

In the 1980s the establishment of the National Training Center at Fort Irwin, Calif., provided an ideal installation in which heavy brigades could conduct regular maneuvers against a trained opponent, modeled upon Soviet military organizations.

The 1990s marked the opening of the Combat Maneuver Training Center in Germany and the Joint Readiness Training Center at Fort Polk, La. Both



sites featured realistic combined-arms training that included urban operations.

The Armor Center trained Soldiers and units, and developed the doctrine and matériel necessary to ensure armor's battlefield superiority. During the Korean and Vietnam wars, large numbers of Soldiers trained at Fort Knox before deploying overseas.


In the 1980s the Armor Center embraced simulators as a way to expand the range of training activities conducted at Fort Knox. The SIMNET building resulted, enabling virtual training from the individual crew through battalion task forces. Today the Force XXI Training Program, the

CCTT building, the Mounted Warfare Testbed and Skidgel Hall's computerized classrooms symbolize the continuing efforts to use Information Age technology for more effective training to supplement live exercises.

The First Gulf War demonstrated armor's utility on the modern battlefield. Armored vehicles played a prominent role in the envelopment and destruction of Iraqi forces.

After the First Gulf War the Armor Center embraced technology in its efforts to prepare armor and cavalry Soldiers for operations in the 21st century. Part of this preparation included participation in the Army's Advanced Warfighting Experiments.

The Armor Center continuously studies what future Soldiers will need. Determining what type of equipment will be required, how it should be used, and training Soldiers to use it remain critical activities on Fort Knox. While preparation for tomorrow's conflicts continues, active and reserve-component Soldiers arrive daily to train and sharpen their combat skills.

Emphasis upon Soldier preparation is a hallmark of the Armor Center and Fort Knox. 

▼ The crew of a World War II-era M4 Sherman tank poses for a picture illustrating the variety of tools, equipment and ammunition their vehicle carried.



► Korean War veteran Ernest Sylvester (*left*) and retired Marine Gesidio Salerno, both 85, relax in front of AFRH's Sherman Hall.



A Home for Heroes

Story and Photos by Don Wagner

THERE is a place where service members from all of the nation's armed forces — many of whom have survived some of America's bloodiest battles — will always be welcome. These veterans are as young as 43 and as old as 101.

The Armed Forces Retirement Home in Washington, D.C., is a place retired enlisted veterans of the armed forces can call home.

"The primary objective of the AFRH is to keep residents as independent and as active as possible for as long as possible," said AFRH public affairs officer Sheila Abar. "Old Soldiers don't come here to fade away, as GEN Douglas MacArthur once stated, they come here to live and to live fuller lives."

Ninety-seven percent of the AFRH's residents served in a war, ranging from World War II to Operation Desert Storm. Residents also include former U.S. prisoners of war, and some veterans still suffering the effects of exposure to Agent Orange.

Most AFRH residents have no family or support, and the typical

resident is a 78-year old, single Army veteran. More than half are over the age of 80. About one out of every five residents is disabled, Abar said.

"The AFRH is a safe and secure haven for those who have served," said W.R. Kitson, chairman of the home's Residents Advisory Council. "AFRH offers residents an affordable place to lead independent lives. Many appreciate the fact that all their needs can be met, but they're not waited on."

Ninety-three year old retired Army Air Forces SGT Frederick Douglas echoes the sentiments of many of the residents.

"I don't want to be a burden to my relatives or to anyone. I don't want or like to be waited on," Douglas said. "The AFRH meets all my needs."

A Comprehensive Complex

Often described as a "city within a city," the 20-acre AFRH has its own bank, post office, three chapels, a new fitness center and gymnasium, a theater, a library, an auto shop, a pub, beauty and barber shops, a small post exchange and vendor shops.

AFRH offers residents various

AFRH at a Glance

Of all AFRH residents,

- 77 percent are age 75 or older;
- 4 percent are over 90;
- 91 percent are men and 9 percent are women;
- 83 percent are single, divorced or widowed, and 13 percent were married at the time they moved into the Home;
- Average annual income is \$22,000; a large number have little or no income;
- 42 percent served in the Army; 32 percent in the Air Force; 23 percent in the Navy; 2 percent in the Marine Corps; and 1 percent in the Coast Guard;
- 64 percent served in the military for more than 20 years; and
- 18 percent are disabled.

A Long and Colorful History

THE Armed Forces Retirement Home once consisted of two homes — the U.S. Soldiers' and Airmen's Home in Washington, D.C., and the U.S. Naval Home in Gulfport, Miss.

The oldest, the Naval Home, was established in 1811 in Philadelphia, Pa., "to provide a permanent asylum for decrepit and disabled naval officers, seamen and Marines." It was known as the Naval Asylum until the name was changed to the Naval Home in 1880. From 1935 until 1991 the Naval Home was funded by the Navy. In the late 1960s a new facility was built in Gulfport.

Established in 1851 as The Soldiers' Home, the current AFRH is located on 276 acres in northeast Washington, D.C. Two AFRH buildings served as the summer White House for President Abraham Lincoln, and scholars believe Lincoln wrote the last draft of the Emancipation Proclamation there. Presidents Chester Arthur, Rutherford B. Hayes and James Buchanan also lived on the grounds at various times.

In 1991 Congress combined the U.S. Naval Home and U.S. Soldiers' and Airmen's Home into the Armed Forces Retirement Home, or AFRH. Each facility was maintained as a separate entity of the retirement home. In 2001 Congress renamed the U.S. Naval Home and the U.S. Soldiers' and Airmen's home the Armed Forces Retirement Home - Gulfport and the Armed Forces Retirement Home - Washington, D.C., respectively. The Gulfport site was closed in 2005, after damage sustained during hurricanes Katrina and Rita. — *Don Wagner*

recreational activities, including golf, bowling and swimming. Residents enjoy social clubs and such pastimes as dancing, gardening, sculpting, painting, woodworking, biking, playing bingo and participating in card tournaments.

Other activities include morale, welfare and recreation-sponsored tours and outings. A private bus takes residents to malls, museums, racetracks and other Washington, D.C., area attractions.

Long-term medical care is available 24/7 from on-site medical personnel. Resident health-care services range from community nursing and assisted living in dormitories to primary, intermediate and skilled care at the King Health Center, a long-term-care accredited facility. There are licensed specialists in dentistry, optometry and podiatry, as well as internal medi-

▼ Newlyweds Donald and Willia Copper (left and center) share time with another resident, retired Marine Reservist Willa Farrell.





▲ The AFRH's oldest Navy resident, 87-year-old Harry Gordon (left), spends time with friend and fellow resident Julius Victor, a 75-year-old Army veteran of Korea and Vietnam.

cine specialists. Residents must be in relatively good health when they enter the home. However, as they age their medical and quality-of-life needs are met.

AFRH residents hail from every state, and from Puerto Rico and the Philippines. Among the 1,200 residents are 115 women. Before 1948, women were not permitted to serve full-time in the armed forces, and women who served during World War II had to leave the service when the war ended. They were first admitted to AFRH in 1954.

Other residents include 15 married couples. While they can live together, each must be individually qualified for admission. There are married quarters for those who desire to live in the same room.

A shuttle bus provides transportation for residents six times a day to surrounding hospitals, including Walter Reed Army Medical Center, the Washington Veterans Administration Medical Center and Bethesda Naval Medical Center.

A Unique Institution

AFRH is an independent federal agency under the jurisdiction of the secretary of defense and is managed by the federal government. It is funded by a permanent trust fund; no taxpayer dollars are used for its operation. AFRH funding comes from enlisted and warrant officer monthly contributions of 50 cents; fines and forfeitures from military disciplinary actions; fees paid by residents living at the AFRH; and interest from the trust fund.

AFRH membership is open to veterans who spent at least 50 percent of their time as enlisted personnel,

warrant officers or limited-duty officers, and who fall into at least one of the following categories at the time they are considered for AFRH residency:

- Veterans who are at least 60 years old and were discharged or released from service under honorable conditions after 20 or more years of active service;
- Veterans who are unable to earn a living because of a service-connected disability, who have served in a war or were eligible for hostile life special pay;
- Warrant officers or officers who served more than 50 percent of their time in the enlisted ranks;
- Female veterans who served in the armed forces before June 12, 1948, or have compelling circumstances; and
- Married couples who qualify individually.

The Armed Forces Retirement Home currently has a waiting list of several hundred veterans. 📧

To receive an AFRH information brochure call toll free (800) 422-9988, or write to AFRH Admissions, 3700 N. Capital Street, N.W., Washington, D.C., 20011-8400, visit www.AFRH.gov or e-mail admissions@afrh.gov.



NEW buildings are sprouting up at Army installations across the country. As they do, a challenge lies in what to do with the materials from the old buildings that are torn down.

Removing the structures is the primary focus, but each project is approached with environmental considerations and the Army's "sustainability" ethic in mind.

The Army's sustainability policy requires that removal of old structures be accomplished with as little negative impact on the environment as possible. Among the policy's stipulations is that 50 percent of all of the debris, by weight, be diverted from landfills.

A Fort Lewis, Wash., team expects to exceed the standard, and several

Elizabeth Chien of the U.S. Army Corps of Engineers' Seattle District, Brendalyn Carpenter from Fort Lewis and Nathan Mowry of the USACE Engineer Research and Development Center contributed to this article.

projects involving the U.S. Army Engineering and Support Center in Huntsville, Ala., have already exceeded the standard, program officials said.

The project team at Fort Lewis, which includes the Directorate of Public Works, the U.S. Army Corps of Engineers' Seattle District and MCS Environmental Inc., is removing about 320 of Fort Lewis' World War II-era wooden buildings.

The team will salvage or recycle the bulk of the material generated from the demolition, rather than sending it to a local landfill, said Elizabeth Chien, the Seattle District's environmental engineer.

The Corps contract for removing 12 buildings — including two-story barracks, classrooms and a gym — calls for a minimum 50-percent "diversion," or non-landfill, rate, with additional financial benefits offered to the contractor for achieving a greater diversion rate.

Fifteen years ago, an old building was viewed simply as something nobody wanted. It was perfectly all right to smash it to the ground and send the debris to the landfill, said Matt Schultz, project manager for MCS Environmental Inc.

"Thankfully, the Army and the

Corps of Engineers have recognized that it costs money to dispose of things in the landfill and we're running out of real estate for landfills," he said. Additionally, officials recognized that the Army owns a lot of potentially reusable wood and other building materials that can be reused. The relatively new idea is called "deconstruction."

The work being done at Fort Lewis is neither deconstruction nor demolition, Chien said.

Deconstruction calls for maximum salvage — pulling a building apart board by board, nail by nail, for



Smarter Buildi

example. The labor cost to do that is very expensive. An option — at the other end of the scale — is traditional demolition where nothing is saved, Chien said.

A more balanced approach is to blend mechanical demolition with manual deconstruction. Contrac-

tors said reaching this new diversion standard requires a change in their approach to the removal of buildings.

“Efficiency is the key,” Schultz said. “We start off looking at a building and trying to understand what markets exist for what it’s made of. We only really get to discover what’s in the buildings when we start peeling

the outer shells off.”

Markets for the majority of material already have been identified. For example, porcelain bathroom fixtures, aluminum, steel, clean wood, concrete, brick and painted wood are all segregated on-site for future transport to reuse markets.

Additional items — such as roofing material, plastic, carpet and window glass — will be recycled. The remaining materials are distributed to alternative markets.

The team at Fort Lewis donated two-by-fours, plywood and other flooring materials, electrical-power boxes and lights to such an alternative market, in this case Camp Caisson, the detainee training facility at the post.

MAJ Andrew Fairchok, Camp Caisson operations officer, had read an article about reusing materials from old buildings when he ran across the work being done at Fort Lewis.

◀ It took 125 pounds of explosives and 15 seconds to bring down this disused apartment complex at Fort Myer, Va. Imploding the structure saved time and money and was much safer than traditional demolition.

Photo by Debra Valine

ng Recycling



▲ Workers at Fort Lewis, Wash., carefully remove a section of roof from an old barracks building. The valuable fir roofing is sold for reuse.

“I saw them start taking stuff down, so I walked in and asked about it,” he said. “We have a need for wooden structures that we can’t purchase, so we’re reusing the materials to build additional guard shacks and repair facilities. We’re on a small budget, so it keeps us from having to scrounge for dollars.”

Using the donated Fort Lewis material, the Camp Caisson team has repaired at least four guard shacks and stockpiled 100 two-by-fours for future repairs and improvements.

Another way to find alternative uses for some of the materials comes from people just driving by the site and seeing something different from typical demolition.

“When you do traditional demolition and all you do is turn old build-

ings into toothpicks and shreds and throw it in the bin, people look at that and say, ‘it’s garbage.’ But when you do something like this, where you have intentionally segregated materials, people who drive by the site see a resource,” Chien said.

SGT Brett Miller of the Oregon Army National Guard’s 82nd Cavalry also was looking for salvageable building materials when he approached the contractor with a request.

Miller was at nearby Madigan Army Medical Center for treatment of injuries he sustained in Iraq. He wanted to find meaningful work for himself and other Soldiers to do as they recovered. So he worked with the contractor to develop a program whereby the recovering Soldiers can come to the site and take materials for completing small beautification projects around the installation.

Some of their projects included picnic tables, barbecue pits, patios and

storage shelves. They also took shrubbery from around the old buildings being demolished and transplanted them into gardens and green-space areas.

To deconstruct these buildings, the contract team devised a system that was both cost effective and provided a high yield of reusable materials. They determined that the best way to remove the framing lumber was to cut large panels off the building and lower them to the ground with a long-reach forklift, a technique that proved to be safe and very effective.

Deconstructing a one-story barracks building in this way typically takes a crew of seven a week, working 10 hours a day. Two-story buildings take a crew of eight about 10 days to tear down in about 10 hours a day.

Elimination of each building requires the use of a forklift and an excavator, and four to five times as much time as for traditional demolition.

Through innovative deconstruction

In June 2006 the Huntsville Center; USACE’s Baltimore District; Fort Myer, Va.; and contractor partners imploded a 12-story apartment complex and recycled or reused more than 90 percent of the materials.

techniques and the availability of on-post and commercial outlets for used building materials, the Fort Lewis team has been successful in diverting all of the building materials from its wooden structures, Chien said.

“The success of this project is based on a joint effort among Fort Lewis, the USACE’s Seattle District and the contractors, all of whom support a vision of recycling and reuse rather than disposal,” Chien said.

Fort Lewis and the Seattle District aren’t the only Army organizations looking into ways to divert construction materials from landfills. The Facilities Reduction Program at the Huntsville Center works with directorates of public works and local Corps districts to explore alternative ways to divert construction materials from landfills.

In June 2006 the Huntsville Center; USACE’s Baltimore District; Fort

▼ Among the other materials salvaged at Fort Lewis is this fir flooring, which is also sold to commercial buyers throughout the Pacific Northwest.

► Fir tongue-and-groove siding is a sought-after commodity, and once removed from disused Fort Lewis buildings it is sold on the open commercial market.

Myer, Va.; and contractor partners imploded a 12-story apartment complex and recycled or reused more than 90 percent of the materials. Imploding the building versus traditional demolition saved both time and money and made for a much safer operation.

The team reused or recycled appliances and playground equipment; copper wires, steel piping, metal studs and screws; aluminum-light posts; and sheetrock.

Another project, a public sealed-bid sale of unneeded structures from Fort Huachuca, Ariz., resulted in 100-percent diversion of waste from a landfill. The installation removed seven structures with no cost to the installation, since bidders came onto Fort Huachuca and carried away excess materials from buildings.

And at Fort Hamilton, N.Y., the Corps is working with the installation and contractor partners to remove, by

Rebekah Barker (both this page)



traditional demolition, two big office buildings and a smaller utility building. The plan is to recycle or reuse as much of the material as possible, and to use the concrete and cinder block rubble to raise the elevation four to six inches in an area that will be used as a ball field.

The project is expected to be completed in May 2007. 🚧



To help plan the best approach for your post’s project, visit the FRP Best Practices Toolbox at <https://frptoolbox.erdc.usace.army.mil/frptoolbox/index.cfm>.

The site provides a comprehensive set of tools to plan and execute facility-removal efforts.

SGT Jeffrey Alexander



BAGHDAD COUNTS ON LOCAL IMPROVEMENTS

Iraq ▼

BAGHDAD residents are facing some challenging times. For conditions to get better, residents need to see that their government is working and improvements are taking place.

MAJ Robert Nash, the officer in charge of the U.S. Army Corps of Engineers International Zone office, said his staff is overseeing about 150 projects, worth an estimated \$500 million, to upgrade essential services in Baghdad.

"We're rebuilding gas stations, repairing sewer lift stations, installing new potable-water networks, and paving roads," Nash said.

The new initiative is called Operation Together Forward, and focuses on clearing insurgents from certain key areas and then funding a variety of community projects so residents can see that things are getting better.

"We're just getting started on those new projects," Nash said. "For example, 18 gas stations are being renovated throughout Baghdad, and a variety of water and sewer issues are being resolved."

Nash's office works with units attached to the 1st Cavalry Division, including the 9th Engineer Battalion, commanded by LTC Glen Masset.

"Our top priority is helping the Iraqi government get on its feet as local and city officials work to improve various essential services for their residents," Masset said.

Abdul-Kareem, one of the Iraqis working in Nash's office, said his neighborhood is noticing a difference.

"They're repairing six non-functioning sewer lift stations that haven't had maintenance in 15 years, as well as cleaning out blocked collection lines," he said. "That work is getting sewage off the street, preventing disease that's threatening our children. These are important indicators that we're moving in the right direction."

— Norris Jones, U.S. Army Corps of Engineers, Gulf Region Central District Public Affairs Office

SOLDIERS DONATE SCHOOL SUPPLIES

Iraq ▼

SOLDIERS from the 345th Military Intelligence Battalion donated much-needed school supplies to a newly built elementary school near Logistics Support Area Anaconda, recently.

The donations were initiated by Hamilton County, Tenn., school-board member Rhonda Thurman. The mission's sponsors were the Pachyderm Club, the Tennes-

see Valley Republican Women, the Hamilton County Republican Women and Operation Iraqi Children.

The supplies included composition books, pencils, paper, crayons and rulers, two wagons and a dozen soccer balls.

— SPC KaRonda Fleming, 210th Mobile PA Detachment



SPC Ryan Stroud



▲ SGT Ramon Lopez of Headquarters and HQs. Company, 3rd Brigade Special Troops Battalion, 3rd Bde. Combat Team, 1st Cavalry Division, replaces a wheel on an Iraqi police vehicle at Forward Operating Base Warhorse.

MECHANICS PLAY VITAL ROLE

Iraq ◀

WHEN a vehicle breaks down in Iraq, it's up to the experts of the 1st Cavalry Division's 3rd Brigade Combat Team to ensure the units are mission capable.

Mechanics from the 3rd Bde. Special Troops Battalion play a vital role in ensuring that Soldiers of the "Grey Wolf" Brigade are able to safely maneuver throughout the area of operations.

To keep vehicles prepared and maintained, the mechanics perform routine quality-assurance tests on every vehicle. The test allows the mechanics to check everything on the vehicle, from loose bolts to cracked windows.

The Soldiers of 3rd BSTB work hard to ensure every vehicle they maintain is combat-effective.

— SPC Ryan Stroud,
3rd BCT PAO

ALASKANS ON DUTY IN KUWAIT

Kuwait ▶

HUNDREDS of Soldiers from the Alaska National Guard's 3rd Battalion, 297th Infantry Regiment — the largest Guard unit to deploy from that state since World War II — have taken over the security measures in and around Camp Buehring, Kuwait.

More than a third of the Soldiers in the unit are of Eskimo or American Indian heritage. While many people might think native Alaskans and the Kuwaiti desert are incompatible, Alaska Guard officials say the flat and barren desert in many ways resembles the frozen tundra of northern Alaska, where remote villages dot the landscape.

Some of the Soldiers are whaling captains and fishermen — all are used to dealing with hardship on a daily basis.

Some of the differences between home and Kuwait include the culture, food and language. To combat homesickness, the Soldiers have photos of their hometowns with them and get care packages filled with dried caribou and fish, and smoked salmon.

— SGT Sarah Scully, Third Army/U.S.
Army Central PAO



Kalei Brooks

▲ From the snowy hills of Alaska, National Guard troops now operate in a country that regularly hits 130 degrees in the summer months.

Taming the Crotch Rockets

Story by SPC Jim Wilt

ASK any paratrooper how softly he lands while parachuting and he'll quickly explain Sir Isaac Newton's First Law of Motion: "An object in motion will remain in motion until an external force is applied." In other words, something has to stop the movement. And hitting the ground is not like landing on feathers.

Unfortunately, last year several paratroopers proved that theory correct while riding their motorcycles.

According to the Snell Memorial Foundation, a nonprofit, helmet-safety organization, the risk of death per vehicle mile is about 20 times higher for motorcyclists than for passenger-car occupants in a traffic accident.

The 82nd Airborne Division alone

SPC Jim Wilt is assigned to the 82nd Airborne Division Public Affairs Office.

lost four Soldiers to motorcycle accidents in fiscal year 2006. The numbers indicate that 25 percent of all reported motorcycle accidents involving a division paratrooper in FY 2006 resulted in a fatality.

Across the Army, 48 Soldiers were killed in motorcycle accidents in FY 2006, 20 percent more than in FY 2005 and 215 percent more than in FY 2004.

According to the 82nd Abn. Div. Safety Office, the division's paratroopers accounted for almost 10 percent of all motorcycle fatalities in the Army in FY 2006.

The four paratroopers who were killed in motorcycle accidents all made poor decisions, which contributed to their deaths, safety officials at Fort Bragg said.

Investigations revealed three of them had not been properly licensed,


three had consumed alcohol, two were not wearing proper protective equipment, and speed was a factor in three of the deaths.

Retired CSM Dave Henderson, the division safety officer, said the Soldiers made "selfish, undisciplined decisions. If you have the wrong attitude, you're going to do the wrong thing," he said. "They didn't think about the people who love them and they didn't think about the people who were counting on them."

State laws and military regulations prohibit the consumption of alcohol while operating a motor vehicle. They also regulate speeding and require motorcyclists to have motorcycle licenses.

North Carolina and other states also require motorcycle operators and their passengers to wear helmets.





Helmet laws vary throughout the United States, but according to the Department of Defense, all service members are required to wear Department of Transportation-approved helmets as well as other protective equipment while riding a motorcycle, regardless of state laws.

DOD defines proper protective equipment for operating a motorcycle as a DOT-approved helmet with an impact-resistant face shield or goggles, a long-sleeved shirt or jacket, long trousers, full-fingered leather gloves or mittens designed for motorcycle use, and a highly visible upper garment during the day or a reflective upper garment at night.

"Helmets that are not regulated by the DOT can break up on impact and start jabbing stuff into your brain" in an accident, said Daniel Unger, a Motorcycle Safety Foundation master rider.

"If a Soldier goes to a state where there is no helmet law, it doesn't apply for him. He has to wear his helmet anyway," Henderson said. "For a standard to be maintained, it must be enforced."

As long as leaders see Soldiers disregard standards, and simply overlook noncompliance, "we're going to continue to have problems," Henderson said. "It takes every leader across the Army to stop Soldiers who are putting their lives at risk, and to make on-the-spot corrections."

Henderson also emphasized the role of young noncommissioned officers in making an impact on safety.

"For the young Soldier in a squad, it takes the squad and team leader to actively engage in safety — with the same attitude, attention to detail and enthusiasm as they do when they are getting ready for patrol in the middle

of Fallujah" to prevent deadly accidents, he added.

"Would a sergeant allow you to jump out of an airplane without your helmet or parachute on?" Henderson asked. "So why would that sergeant allow you to ride your motorcycle without wearing a DOT approved helmet?"

Junior-enlisted Soldiers are not the only ones at risk on motorcycles. According to the Army Combat Readiness Center, two-thirds of all motorcycle fatalities in 2006 involved sergeants and above. Two-thirds of the Soldiers killed were over the age of 25.

The Army leadership provides ways for Soldiers to learn about motorcycle safety.

Fort Bragg offers two motorcycle-safety classes. The basic course for novice riders provides motorcycles for hands-on training. The advanced course, which is designed for more experienced riders, requires students to bring their own motorcycles and proof of ownership.

"This saves a guy from going down and riding a little 125cc at the basic rider's course and then jumping

on a big 1800cc motorcycle that he may not be able to handle," Henderson said.

"Attending a motorcycling school is a proven method of preventing injuries for new riders and returning, experienced riders," said Snell.

According to the Army CRC, motorcycle-safety courses are required and provided at Army installations. All riders must meet the requirements of the MSF course, which is provided to Soldiers and DOD civilians free of charge before they operate a motorcycle.

DA officials are continuously trying to educate Soldiers on motorcycle safety.

"I have faith that the Army leadership takes this seriously," Henderson said. "I have faith that the NCO corps and officer corps take it seriously enough that they will ensure this information is disseminated."

"Motorcycles are fun and they are an economical way to travel, but Soldiers need to ride them safely," he said. 🇺🇸

"If a Soldier goes to a state where there is no helmet law, it doesn't apply for him. He has to wear his helmet anyway."



Preventing Soldier Suicide

Story by Kristin Ellis

FAILED relationships, legal worries and financial problems are consistently cited as the main stressors that lead to suicide, according to Army Suicide Prevention Program officials.

The suicide rate for Soldiers is considerably lower than the suicide rate for comparable age groups in the general population, the officials report.

The Army's rate continues to be far below the national adjusted rate of 19.9 suicides per 100,000 people.

In fact, the 2005 suicide rate for the Army was 13.0 deaths per 100,000 Soldiers, according to the ASPP. The rate for 2006 was not available at the time this story went to press.

Suicide rates for the Army over the past 26 years have not varied much, holding at 12.3 on average, the ASPP report indicates.

"Of course one suicide is one too many," said Walter Morales, a spokesman in the ASPP office. "We are committed to providing the necessary resources to leaders, Soldiers and families to minimize suicides in the Army."

To support this effort, the ASPP focuses on training Soldiers, leaders and family members on how to recognize signs of suicidal behavior, how to intervene, and how to refer individuals to appropriate agencies for follow-on support and care.

In 2001 Army Chief of Staff GEN Eric K. Shinseki directed a review of the Army suicide-prevention program. With collaboration from the Office of the Chief of Chaplains, the Office of the Surgeon General and the Army G-1, officials developed new strategies and a revised suicide-prevention model.

The ASPP strategies focus on four major areas — developing life-coping skills, encouraging help-seeking

Kristin Ellis is a Department of the Army intern currently working for Army Public Affairs at the Pentagon.

The Army Suicide Prevention Model

The ASPP strategies focus on developing life-coping skills, encouraging help-seeking behavior, maintaining constant vigilance, and integrating and synchronizing unit and community programs.

behavior, maintaining constant vigilance, and integrating and synchronizing unit and community programs.

"It is crucial for our Soldiers to recognize that seeking help is a sign of strength, not weakness," Morales said. "Leadership involvement is key — leaders need to create a healthy environment in which Soldiers are encouraged to seek help."

"Suicide-awareness training includes recognizing the symptoms, any verbal and nonverbal signs, and identifying behavioral and situational predictors," said Chaplain (COL) Gerald Stone, assistant family life chaplain for Chaplain Life Ministry and Training at Fort Belvoir, Va.

Another pillar of the ASPP is to maintain constant vigilance. One way commands achieve this is through "buddy care," where every Soldier has a trusted buddy to confide in and talk with about problems.

"The first line of intervention is at the buddy level," Stone said. "Many suicidal people give clues and reach out to someone, even if they aren't directly talking about committing suicide."

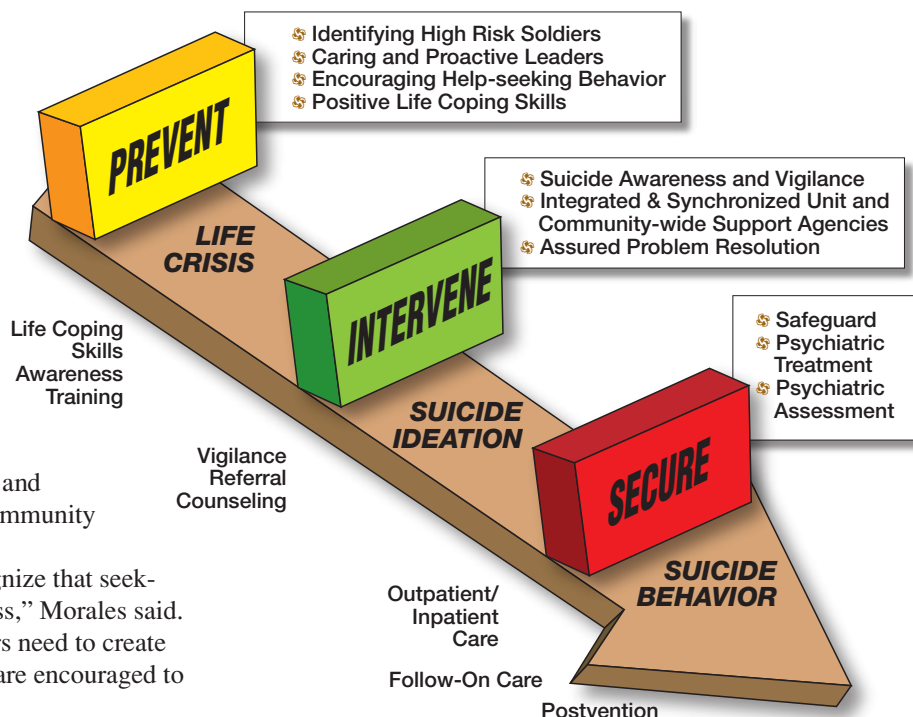
Another prevention measure is the "unit watch," a program used by commanders when a Soldier has suicidal thoughts. Someone watches over that Soldier constantly to ensure he doesn't harm himself and is provided necessary resources to aid in his recovery.

A part of this constant vigilance is to identify the problem. If the Soldier presents a specific risk, the commander ensures that the individual is sent to the appropriate agency for help. Soldiers are sent to the chaplain for pastoral counseling, but if that doesn't help, they may be sent to a behavioral-health professional.

The chaplain and behavioral-health professional are trained to screen at-risk Soldiers and provide follow-on counseling and care.

The situation may be different for deployed Soldiers, but the same suicide-prevention model applies. A key consideration for leaders to curb suicidal behavior during deployment is to place a greater emphasis on encouraging those who have suicidal tendencies to seek help, decrease the stigma attached to seeking psychiatric help, improve access to care and incorporate suicide-prevention training.

The Army provides resources at different intervals



during deployments. Soldiers undergo pre-deployment health assessments, health assessments while they're deployed, and post-deployment health reassessments three to six months after they redeploy.

"Screenings are also done throughout the deployment phases to make sure Soldiers' mental-health needs are met," Morales said.


The Army — through coordination among the G-1, the Center for Health Promotion and Preventive Medicine, the Office of the Surgeon General, the Office of the Chief of Chaplains, U.S. Training and Doctrine Command and the Walter Reed Army Institute of Research — is taking a different approach to training Soldiers and leaders in suicide prevention.

"These agencies collaborate continuously to identify trends and provide courses of action to commanders," Morales said. "Things change, so we need to be proactive in providing an appropriate suicide-prevention program to meet the leadership's challenges."

To make the ASPP more effective, the Army is revamping suicide-prevention training to be more interactive, by providing small-group training. CHPPM is the lead agency in gathering feedback to produce different training packages.

"Additionally, the CHPPM is developing a suicide-intervention and risk-assessment training program for leaders that's scheduled to be completed in 2008.

"The loss of any one American Soldier's life is a tragedy, regardless of the reason," said CHPPM's COL Dennis Dingle.

"As leaders, we must provide and enforce continuous vigilance, targeted and tailored training, intervention and, when necessary, treatment to enable the identification of alternative and appropriate means to cope with daily life issues," Dingle said. 

CANCER STUDY SHOWS PROMISING RESULTS

AN Army-led breast-cancer vaccination study offers hope to breast-cancer survivors. Early study results suggest a 50-percent reduction in disease recurrence for vaccinated women.

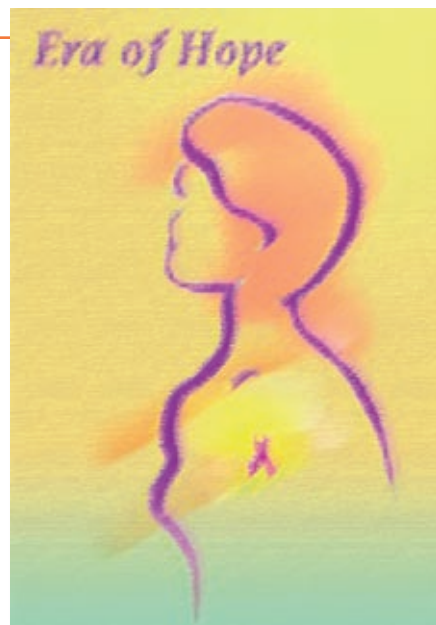
Dr. (COL) George Peoples, a Brooke Army Medical Center surgeon and principal investigator for the study, released the results of the six-year study in December.

The vaccine targets HER2/neu, a protein that plays a role in cell growth. The protein accelerates tumor growth and can lead to a poorer prognosis for women with breast cancer.

The researchers' goal was to create a vaccine that boosted the body's immune system, and to block the protein before it could grow.

The study was limited to women who previously had breast cancer but were disease-free, having completed such therapies as chemotherapy and radiation.

If the Food and Drug Administration agrees with Peoples, the next step will be Phase 3 testing, which includes multiple sites and a much larger pool of participants. The next phase will be conducted by a commercial company called Aphera. — ARNEWS



MODULAR CONVERSION ACCELERATES

THE Army is accelerating the modular conversion of two active-component brigade combat teams, increasing the combat capability of the nation's available Army forces.

The modular conversion of these two units marks another milestone in the ongoing transformation of the Army's premier fighting unit — the brigade combat team.

Once transformed, the new BCTs will support a larger Army initiative to increase the number of combat and combat-support units available to support both current and future combat and homeland-defense missions.

By increasing the total number of available active-component BCTs in the Army, units and Soldiers will have a few more months at home.

Currently, the ratio is one year deployed time to sometimes less than one year at home station.

Increasing the number of available BCTs also helps reduce the amount of stress on the current force. — ARNEWS

FLAME RESISTANT UNIFORM PROTECTS SOLDIERS

FORWARD-deployed forces are now receiving protective, flame-resistant combat uniforms.

Since Army aviators and tankers were first outfitted more than 25 years ago, NOMEX uniforms and uniform items are now being provided to a range of Soldiers who may be exposed to fire.

The material reduces the risk of a Soldier receiving second and third-degree burns when exposed to a flash fire.

According to Flightfax, the Army Combat Readiness Center magazine, the majority of all combat-related burns are caused by explosions from improvised explosive devices, vehicle-borne IEDs, rocket-propelled grenades or mines during operations on or near military vehicles.

"The military is issuing the NOMEX clothing and equipment to Soldiers and Marines in Iraq and Afghanistan," said COL Mark Drake, acting director of the Army's Supply Directorate.

— ARNEWS

EXCHANGES INTRODUCE FIRST-EVER NAME BRAND SUPPLEMENT

EXCHANGE shoppers looking for high-quality, name-brand items at great prices need look no further than the 2007 Name Brand Supplement.

The 30-page catalog is filled with top-brand electronics, sporting goods, giftware, toys and much more. The new catalog will also include a promotional code good for a one-time 10 percent savings off an order.

"We're breaking new ground in convenience and affordability with this catalog," said AAFES chief marketing officer Richard Sheff. "We've shopped for the best brands, keeping style and savings in mind, and are even providing an opportunity to take an additional 10 percent off the already low prices military families have come to expect from their Exchange catalog."

The Name Brand Supplement has something for every member of the military family, including some of the most popular fragrances, classic watches and fashionable clogs and sandals.

Orders can be placed by mail, fax or phone. Toll-free orders can be placed from the United States, Puerto Rico or Guam at (800) 527-2345

The Exchange Catalog center is open around-the-clock, seven days a week. Calls cannot be placed from phones on base.

Authorized customers can also shop the 2007 Name Brand Supplement online at aafes.com, usmc-mccs.org, navy-nex.com or cg-exchange.com.

For more information on AAFES contact Chris Ward at (214) 312-2714 or visit wardchr@aafes.com. — AAFES



AKO LAUNCHES VIDEO EMAIL

DEPLOYED Soldiers can now communicate via video e-mail through Army Knowledge Online, the Army's intranet portal.

AKO video messaging allows deployed Soldiers to create video messages on a Webcam-equipped computer. The message is stored on a server and only the URL link is sent to the recipient.

Upon opening an e-mail, the user clicks on the link to get streaming video and sound. The software allows users to hear and view video e-mail. The link can be accessed anytime, anywhere.

Instructions are on the AKO home page at www.us.army.mil. Users must follow Defense Department security measures for standard e-mail. Webcams may not be used in secure areas.

Families with AKO accounts can send video e-mails from home with a personal computer and a Webcam. Many family support centers on military bases also offer Webcams for family use. Military bases typically have Webcams available at cyber cafés. — ARNEWS

NEW MORTAR SYSTEM BOOSTS SPEED, ACCURACY

AIR power and ground bombardment recently came together in a newer, faster way at Rodriguez Range, South Korea.

For the first time, the 1st Battalion, 2nd Aviation Regiment, 2nd Infantry Division, combined its AH-64 Apache helicopter crews' firepower with the 7th Cavalry's newly deployed M-95 Mortar Fire Control System.

"All the work pays off when you get to see them put rounds downrange," said Apache crew chief CPL Anthony Carrier.

Bradley mortar crews fired high-explosive rounds, weighing nearly 40 pounds each, from a couple of miles away.

With the earlier XM-31 system, Soldiers had to find their targets with an aiming circle and make corrections after the impact of the first round.

The aiming circle is no longer needed, and the onboard

computer in the new digital system displays precise correction calculations on a lightweight display. Bradley crews

operating the mortar system can also communicate using a system similar to instant messaging.

"The system's potential for quicker strikes clearly sets it apart," said SFC Edward Schlottman, a mortarman for 17 years. "In terms of speed and accuracy, it's amazing"

Soldiers took an 80-hour course with classroom and field components to learn the new system.

The time spent learning was well worth it, said Soldiers firing the mortars from inside the Bradley vehicles.

"This system brought us out of the Stone Age," said gunner PFC Chris Baker. — ARNEWS



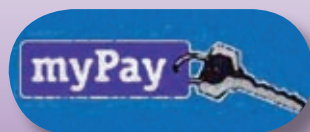
ELECTRONIC TAX STATEMENTS AVAILABLE ON MYPAY

SERVICE members, military retirees and federal employees paid by the Defense Finance and Accounting Service can retrieve their tax statements via MyPay up to two weeks sooner than people who rely on regular mail delivery.

MyPay is a secure Web-based information system that protects against identity theft using a series of security measures.

"Tax statements are available online, allowing customers to view federal tax forms. Whether anyone needs the statements to complete taxes or just wants an extra copy for their records, the tax statements can be accessed and printed at any time," says Patrick Shine, DFAS operations director. "The printable statements are approved by the Internal Revenue Service."

New users and those who have forgotten their personal identification numbers may request a new pin at www.mypay.dfas.mil. — ARNEWS



Medical

DOD EXPANDS MENTAL HEALTH SCREENING FOR DEPLOYED TROOPS

THE Department of Defense has issued improved policy guidance for military personnel with deployment-limiting psychiatric conditions, and for those who are using prescribed psychiatric medications.

The new policy, signed into law on Oct. 17, 2006, requires DOD to specify conditions and treatments that preclude a service member

USAMU LOOKING FOR PISTOL SHOOTERS

THE U.S. Army Marksmanship Unit is looking for a few good shooters. The highly competitive unit is putting out its annual call for Soldiers who are interested in competing in pistol competitions in summer 2007.

"Soldiers who wish to represent the Army in pistol competition, marksmanship instruction and recruiting assistance are welcome to apply," said SFC Jason St. John, noncommissioned officer in charge of the USAMU Service Pistol Team.

Formed in 1956, the AMU is assigned to the Accessions Support Brigade at Fort Knox, Ky., as part of the U.S. Army Accessions Command at Fort Monroe, Va.

The Marksmanship Unit trains Soldiers to win competitions and enhances combat readiness through train-the-trainer clinics, and via research and development.

The USAMU Soldiers also promote the Army and assist recruiters.

Staff sergeants and below with fewer than 15 years of service who obtain approval from their commanders can travel to Fort Benning, Ga., in April at the expense of the Marksmanship Unit to participate in the initial training.

Soldiers are trained in advanced marksmanship skills. Once that training is completed, pistol-team officials will select shooters to participate in the Interservice Championships in June and the National Matches in July.

After the three-month tour, Soldiers return to their units with invaluable marksmanship training that benefits other Soldiers, St. John said.

Soldiers who are interested in the developmental-pistol shooter program may call (706) 545-7022 or 545-3893, or DSN 835-7022, or e-mail Jason.StJohn@usaac.army.mil. — ARNEWS




from deploying to a combat zone or contingency operation.

Service personnel with psychiatric conditions in remission and without duty-performance impairment are generally fit to deploy. However, these individuals must demonstrate a pattern of stability without significant symptoms for at least three months before deployment.

The guidelines stipulate that few medications are inherently disqualifying for deployment. However, lithium and anticonvulsants to control manic-depressive bipolar illness are considered disqualifying medications, as are antipsychotic drugs for psychotic, bipolar and chronic insomnia symptoms.

To view the policy guidance, visit www.ha.osd.mil/policies/2006/061107_deployment-limiting_psych_conditions_meds.pdf. — ARNEWS



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SMA Kenneth Preston,
Sergeant Major of the Army

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**Sexual Assault
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How Can **YOU**
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REFERRAL BONUS



\$2K Pilot Program



Story by Steve Harding

THE Army's Referral Bonus Pilot Program — which offers Soldiers and retirees \$2,000 for referring future Soldiers — has achieved some notable successes, said Maj. Gen. Thomas P. Bostick, the commanding general of the U.S. Army Recruiting Command.

"We've received more than 10,000 referrals to date, and this program has unlimited potential for our Army. Every Soldier and retiree should understand the program and have the opportunity to participate," Bostick said.

Soldiers, future Soldiers and retirees may receive a referral bonus for referring anyone except immediate family members. Immediate family members include spouse, parent (or step-parent), child (natural, adopted or step-child), brother or sister.

Those who are not eligible to receive a referral bonus include Soldiers assigned to the U.S. Army Accessions Command, U.S. Army Recruiting Command, Cadet Command, U.S. Army Reserve Command's Retention and Transition Division, National Guard state recruiting commands, and any other member of the Army serving in a recruiting or retention assignment.

Soldiers and Army retirees who are instructors or administrators in the Junior Reserve Officer Training Corps (JROTC) program are also not eligible to participate in the referral-bonus program. Family members are not eligible for the bonus. Also ineligible are members assigned to duties regarding which eligibility for a bonus could, as determined by the secretary of the Army, be perceived as creating a conflict of interest.

"The referral bonus is a win-win program for our Army, our Soldiers and our retirees," Bostick said. "The Army gains new recruits and our Soldiers across the Army, as well as our retirees, can have a direct impact on the manning of our Army — and earn a \$2,000 bonus, as well."

The Army's senior enlisted Soldier, Sergeant Major of the Army Kenneth O. Preston, agreed that the referral program has huge potential.

"As our new advertising campaign says, 'There's strong, and then there's Army Strong,'" Preston said. "Soldiers in today's Army are a humble group of quiet professionals who serve as great examples to the young men and women of our nation. This bonus gives our Soldiers and retirees an incentive to share their experiences in the Army with the American people."

Referrals must be made via the Sergeant Major of the Army Recruiting Team (SMART) referral process. The referral must be submitted through the SMART link at <https://www.usarec.army.mil/smart/> or through the USAREC toll-free number dedicated to this program, (800) 223-3735, ext. 6-0473. Army National Guard Soldiers should go online at www.1800goguard.com/esar or call 1-800-go-guard, ext. 3727.

What You Can Do Earth Day

Story by Deborah Elliot

ON Earth Day, April 22, and throughout the year, individuals can make a vital contribution toward environmental stewardship and sustainability by taking an active part in environmental-protection programs.

The actions you take not only affect the environment, they may also benefit you and the Army:

- Recycle paper, cans and plastic bottles. Money made from recycling often goes to morale, welfare and recreation programs on post.

- Order just enough hazardous materials to get the job done and meet immediate needs. Getting rid of hazardous wastes costs 10 times more than the materials initially cost.

- Know what common products contain hazardous materials and find out how to dispose of them properly. Most major installations have a hazmart, a place for issuing and returning hazardous materials.


- Capture motor oil in the motor pool and in the field by using drip pans. Spilled oil threatens the environment and human health.

- Use camouflage nets instead of native vegetation for cover. Nets provide better coverage and are less destructive to the environment. When you leave, take your net with you.

- Always pick up communications wire and fill in foxholes before leaving your bivouac area. Hidden wire could trip other Soldiers and trap wildlife.

- Use existing roads and established trails whenever possible. Driving in the open field when not required causes unnecessary soil compaction, root damage, and ground-vegetation disturbance.

- Observe off-limits areas marked by training and environmental coordinators; avoid sensitive areas marked with signs and Seibert stakes. Areas are set aside to protect natural resources, cultural artifacts or endangered species.

- Report bones, pottery and other artifacts found in the field to the installation environmental management office, or up the chain of command if on foreign soil. Your installation is responsible for preserving the cultural history of the land it occupies. Everyone is responsible for protecting the world's cultural heritage in theatres of conflict. Items such as arrowheads, bones, pots, and figurines are not souvenirs. 

Deborah Elliott works for the U.S. Army Environmental Command.



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Specialist Gary Warren

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